



Groundwork Lawrence's



Community Supported Agriculture

In Your Share

Week 17

October 19, 2009

Week 17

Arugula
Broccoli
Carrots
Eggplant
Leeks
Potatoes
Radishes
Spinach
Regular Tomatoes
Green Tomatoes

Fruit Share:

Apples

Don't know what something is? Check out our

[Vegetable ID Guide \(pdf\)](#)

Dear CSA Members,

As is probably the case for many, those of us here at GWL are bemoaning the early arrival of snow this past weekend...but fiercely trying to reclaim the fall! So this week again, we have provided a couple additional recipes to help you savor the tastes of fall and get the most out of your share. Click on the recipes to view them:

[Potato Leek Soup](#)

There are so many Potato Leek Soup recipes out there, but this one looked especially good with the addition of fresh and dried herbs and little bit of heat! If you don't have the herbs they suggest on hand, feel free to experiment...chives are also excellent with this soup!

[Wild Rice with Butternut Squash, Leeks, and Corn](#)

This dish is an excellent Thanksgiving side dish but also filling enough to be a meal in it's own right! While you may not have Butternut Squash in your shares this week, the Lawrence Farmers Market (see sidebar for information) and other local Farmers Markets are teaming with them. The leeks in your share and some left over corn from last week will give you just about everything you need to make this dish.

Again,

we are currently collecting non-perishable goods at pick-up on Tuesdays for Neighbors in Need, a network of food pantries serving greater Lawrence. Please consider bringing some items along with you--there's a box designated for this at pick-up.

Happy cooking,

Groundwork Lawrence

Distribution Information

**Tuesdays
3-7pm**

**Groundwork
Lawrence**
60 Island St.
Lawrence, MA 01840
June 30 - Oct. 27

Lawrence Farmer's Market

When: Every
Wednesday, July
8th-Oct. 28th,
8am-2pm

Where: Appleton
Way, Between Essex
and Common Streets

Field Notes from Farmer Dave

It was a joy to have well over 100 at our Farm Fest and potluck this past Saturday. There were activities for all-corn maze, hayrides, farm tour with a lot of questions and discussion, pumpkin picking, cider donut eating contest, corn toss, ring toss, hay bale chuckin' contest, live music, and all topped off with a delectable potluck in the barn. It was great to see everyone and have so much fun. The weather, though a little cool, was at least dry and somewhat sunny. Thank you all for your commitment and support.

During the activities, the guys dug some potatoes for this week's share knowing that there would be more rain coming on Sunday and Monday. It is not easy to dig potatoes in the mud. Just as we must make hay while the sun shines, we must dig potatoes before the rain falls.

Why: To pick up the freshest fruits and veggies around and support your local farmer!

QUICK LINKS

[Our Blog](#)
[Our Homepage](#)
[More About GWL](#)
[Farmer Dave's](#)

On Facebook?

Be our friend on [Facebook!](#) and [Farmer Dave's!](#)

Recipe Blog

Let us know if you'd like to share recipes you've made with your CSA veggies. We'll pass them on to Heidi, who will gladly put them on the [Farmer Dave's recipe blog](#).

Donate to GWL!



Help support all of GWL's programs by donating online [here!](#)

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Last week we had some severe frosts which brought an end to the summer vegetable season. We did harvest what was left of those crops in the field and we will finish them in our shares this week. But, just because we have had a frost, does not mean we will have no more food to eat. We still have a whole host of crops that withstand some freezing temperatures in the field. Still to come will be more root crops (beets and carrots), potatoes, and brassicas (broccoli, kale, brussels sprouts, and cabbage), as well as more winter squash that we are storing in the greenhouse. The post frost harvest will move on until the ground freezes (probably sometime in December). Then, the only options will be to eat what we have harvested and put into storage in the root cellar and apple cellar.

Harvest on. Eat on.

Farmer Dave

Call to Artists: Eco-Art for GWL's Glow Gala & Annual Fundraiser on December 10, 2009



Each year Groundwork Lawrence hosts the Glow Gala & Annual Fundraiser, an evening of lively music and dancing, fabulous food, exciting raffle prizes and a silent "eco-art" auction contributed by the amazingly creative artists of the Greater Lawrence area and beyond. We are always looking for new artists! Please consider placing a piece of artwork in our silent auction this year--read below for

more details, or visit our [website](#).

What is eco-art?

- *It incorporates at least one of the "4 R's" (Reduce, Reuse, Recycle, Repair).
- *It promotes environmental awareness.
- *It educates others about environmental injustice and/or conveys a vision for addressing it.
- *It is comprised of environmentally-friendly materials.

Eco-art can include: lanterns, home furnishings and house-wares, photography, sculpture, paintings, or mixed media pieces. However, it must incorporate at least 1 of the "4 R's" and at least 1 other item listed above.

Submission Deadline: Monday, November 30, 2009, 5:00 PM (no exceptions)

Pick-up/drop off location: KGRManagement Office, 60 Island Street,

Lawrence, MA

Artwork will be juried: December 1 - 2; items not selected for the show should be picked up December 3 - 4.

Auction proceeds are split 50/50 between Groundwork Lawrence and the artist.

All submissions must be accompanied by the Eco-Art [Registration Form](#) and include a write-up (see form).

A minimum sale price for your submission may be set.

Items submitted in the past include artwork made from shredded catalogues, lamps made from "rescued roadside treasures," paintings on used/discarded furniture, and lanterns made from reclaimed wood.

For examples of previous eco-art, please click [here](#).

We encourage you to use your imagination to help promote Groundwork Lawrence's environmental mission!

How much should I expect my piece to sell for? Items have sold for between \$10 and \$300. We have included items with a minimum sale price up to \$5,000. We encourage pieces with minimum sale prices of \$20 - \$500.

Vegetable Spotlight: Green Tomatoes



Green tomatoes aren't very commonly eaten up here in the northeast, so if you get this week's share and are stumped when it comes to preparing them, here are a few ideas!

Fried Green Tomatoes

from myrecipes.com

- 1 large egg, lightly beaten
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour, divided
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium-size green tomatoes, cut into 1/3-inch slices
- Vegetable oil
- Salt to taste

Combine egg and buttermilk; set aside. Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan. Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture. Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden. Drain on paper towels or a rack. Sprinkle hot tomatoes with salt.

Green Tomato Salsa Verde

from nytimes.com

1 pound green tomatoes
2 to 3 jalapeño or serrano peppers (more to taste)
1/2 medium onion, preferably a white onion, chopped, soaked for five minutes in cold water, drained, rinsed and drained again on paper towels
Salt to taste
1/2 cup roughly chopped cilantro
1/4 to 1/2 cup water, as needed (optional)

Preheat the broiler. Line a baking sheet with foil. Place the green tomatoes on the baking sheet, stem-side down, and place under the broiler about 2 inches from the heat. Broil two to five minutes, until charred. Using tongs, turn the tomatoes over, and grill on the other side for two to five minutes, until blackened. Remove from the heat. When cool enough to handle, core the tomatoes and remove the charred skin. Quarter and place in a blender or a food processor fitted with a steel blade (I prefer the blender).

Add the remaining ingredients, except the water, to the blender or food processor, and blend to a coarse or a smooth puree (to your taste). Transfer to a bowl, taste and adjust seasonings, and thin out with water if desired. Allow to stand for 30 minutes or longer before serving to allow the flavors to develop. You may wish to thin out after it stands.

Grilled Eggplant & Green Tomato Sandwich with Dijon-Rosemary Spread

from myrecipes.com

1 large eggplant (about 1 1/4 pounds), cut crosswise into 8 slices
1/4 teaspoon salt
1/2 cup low-fat mayonnaise
5 tablespoons fat-free milk
2 tablespoons Dijon mustard
2 teaspoons chopped fresh or 1/2 teaspoon dried rosemary
1 teaspoon fresh lemon juice
2 garlic cloves, minced
2 cups trimmed arugula
Cooking spray
2 green tomatoes, each cut into 4 slices
8 (1-ounce) slices sourdough bread
1/4 cup (1 ounce) crumbled goat cheese

Sprinkle both sides of each eggplant slice with salt. Place eggplant slices on paper towels; let stand 20 minutes. Blot dry with paper towels.

Combine mayonnaise and next 5 ingredients (mayonnaise through garlic) in a medium bowl. Remove 1/4 cup mayonnaise mixture; set aside. Add arugula to mayonnaise mixture in bowl; toss gently.

Coat both sides of the eggplant slices with cooking spray. Place on grill rack, and grill 5 minutes on each side or until lightly browned. Transfer eggplant to a plate. Coat both sides of tomato slices with cooking spray. Place tomato slices and bread slices on grill rack; grill 2 minutes on each side or until tomato is tender and bread is lightly browned.

Place 1 bread slice on each of 4 plates. Top each slice with 1/3 cup arugula mixture, 2 eggplant slices, 2 tomato slices, and 1 tablespoon goat cheese. Drizzle 1 tablespoon reserved mayonnaise mixture over each serving. Top with remaining bread slices.

Get Started on Canning!



I know it's hard to believe, but one day your CSA share won't be so bountiful and then the winter months will come. But what a better way to extend the harvest than to

can it! There are tons of great reference guides to canning, both online and at your library. I know it can seem overwhelming, but it's a lot easier than you think. Here are a few beginner pointers to help get the novice canner started.

There are two different methods for canning: one for high acidity foods and the other for low-acid foods. Water-bath canning is used for high-acid foods like most fruits and tomato sauces and salsas. This method involves submerging the canning jars in boiling water to kill off any microorganisms and creates a vacuum to seal the lids. For low-acid foods, you have to use a pressure canner. The method is much the same, however the pressure canner is needed to heat the food to 240 degrees Fahrenheit in order to kill off the bacteria.

The equipment need for canning is simple. All you need is one large pot with a tight-fitting lid (or pressure canner, depending), a rack to keep the jars off the bottom of the pot (or you can use the lids), canning jars, lids, rings, and tongs to lift the hot jars out of the water-bath. The jars can be bought new or used. The only thing that can't be reused are the lids; they only seal once.

You can read some clear and easy steps for water-bath canning in an online article from Bon Appetit. For more in depth information and recipes, try these great books:

The Big Book of Preserving the Harvest, by Carol W. Costenbader
Preserving Summer's Bounty, by the Rondale Food Center
Ball's Complete Book of Home Preservation, by Judi Kingry and Lauren Devine

Good luck and happy canning!

Support GWL While Shopping at Shaw's

Link your Shaw's Rewards Card to our Shaw's Fundraising ID number - **49001022652** - by visiting the Shaw's Community Rewards [website](#) and clicking "*login or register with your Rewards Card First.*" Shaw's will contribute 1% of eligible Rewards Card purchases made to GWL.

Got Any Tips or Ideas?

If any of you have any tips, recipes, or stories you would like to share or want to be included in the upcoming newsletters, send them to [Janel!](#)

Sincerely,
Groundwork Lawrence

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